**Missoula County Public Schools**

**Graduations Matters Missoula Student Wellness Subcommittee**

Thursday, October 24, 2013

3:30-5:00pm

Administration Building, Room 14

**Guiding Question:**

How do we work with students, staff, parents, and community members to identify and implement strategies that will significantly improve the physical and mental health of students so that we may ensure 100% graduation for all students, regardless of circumstances?

**Long term targets:**

***Enhance Student Wellness*** – work with students, staff, parents and community members to identify and implement strategies that will significantly improve the physical and mental health of students. Work on both policy and curricular recommendations in the following subcategories:

* Nutrition
* Physical Activity
* School Health
* Mental Wellness/Substance Abuse Prevention

**Short term targets:**

* Debrief Oct. 4th Summit for Healthy Children event (Plus/Delta protocol)
* Determine what “outcome(s)” we want from the Feb 21st Summit for Healthy Children
* Develop working title for Feb 21st Summit for Healthy Children with a focus on nutrition/competitive foods
* Review plans and next steps for Feb 21st, 2014 Summit for Healthy Children event
  + Registration (Lisa)
  + Venue (Steve)
  + Agenda (Linda/Lisa)
  + Breakout Sessions (Linda/Lisa)
  + Budget (Heather)

**AGENDA**

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| **3:30-3:35** | Welcome and review agenda |
| **3:35-3:50** | Debrief Oct. 4th Summit for Healthy Children event (Plus/Delta protocol)   * What went well? * What might we do differently next time?   **PLUS**   * Strong numbers * Location * Time, only ½ day * Speakers, science (graphs/visuals/grasp) * Facilitators did a great job * Physical activity helped engagement: great modeling   **DELTA**   * Coffee, snacks location * Improve/increase small group time: break out time felt rushed * Signage: Agenda on sandwich board * Some minor tech problems * Having to travel across campus to another room for break out * Model nutritious food choices better * Follow up: train the trainer? How are participants bringing it back to their schools * Get teachers beyond HE teachers to the summit |
| **3:50-4:05** | Determine what “outcome(s)” we want from the Feb 21st Summit for Healthy Children   * Understand and apply nutrition standards to food choices   + Social norming that leads to change in behavior (Keynote??) * Break out sessions   + Reduce unhealthy foods in the schools that compete with the school food program   + Articulate/present how the environment/what is available controls our food choices   + Cost of eating healthy   + Why don’t people eat healthy? (time, money, habits/behaviors)   + Juice the myth   + Missoula College Culinary Program: demonstration of healthy cooking   + How do healthy food choices positively impact learning   Mary and Lisa will continue to work on this |
| **4:05-4:20** | Develop working title for Feb 21st Summit for Healthy Children with a focus on nutrition/competitive foods (how do we express what we mean by “competitive foods”?)  Mary and Lisa will work on this |

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| --- | --- |
| **4:20-4:50** | Review plans and next steps for Feb 21st, 2014 Summit for Healthy Children event   * Agenda (Linda/Lisa) –   + what format do we want to use?   + Do we want break out sessions?   + Keynote? Linda is still working with community people to see   + How do we focus people on the policy/practices around foods within the school setting that compete with the healthy foods provided through the school lunch program? * Breakout Sessions (Linda/Lisa) Begin to develop working titles if we choose to go this direction * Budget (Heather) what costs are we looking at?   + Room rental   + Food   + Parking   + Registration bags/folders/nametags/”swag”   + Session supplies (notepads, pens, markers, chart paper, etc)   + Keynote speaker:     - Airline tickets     - Lodging     - Ground transportation     - Baggage     - Food/Per Diem     - Honorarium   Linda will check with ADA  Andrea will check with St Pats  Ask Jason to contact Mary Windecker with Community  MCPS will pay for substitutes at MCPS  Steve will work to get the facilities at UM for free  Steve will check with UC events staff to check on what rooms were reserved  Steve will check on whether we use donated food for the event from other places  Lisa will check with all the grocery stores in town to see if they will contribute |
| **4:50-5:00** | Closing and next steps: Review who will complete what  ***DETERMINE DATES and TIMES FOR NOVEMBER AND DECEMBER (4TH Wednesdays do not work because of holidays)***  ***Proposed options (WILL CHOOSE TWO OF THE FOLLOWING):***   * Wednesday, November 6th, 3:30-5pm * Thursday, November 14th, 3:30-5pm * Monday, November 18th, 3:30-5pm * Monday, November 25th, 1-2:30pm * Thursday, December 5, 3:30-5pm |

**Follow up meeting with Lisa**

* H - Check with Deanna about notes from summit, need those ASAP
* L – Email resources and best-practices from the sessions to all participants
* H- Find out how to get resources and best-practices on GMM website
* L – Get the resources and best-practices on the Lets Move! Missoula website
* H – create Agenda for Nov 6th meeting: review and make revisions to draft action plan from Summit I; prioritize action plan – find a protocol
* L – will come up with draft action plan